



stewed beans, an unrecipe.



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MOOD: 😊 hungry

MUSIC: Patrick Park - Something Pretty

Harpy, I'm cooking for your shindig tomorrow. Since Dad isn't coming, this is what I made today:

Into the crock pot I dumped:

1 20 ounce can of plum tomatoes

2 16 ounce cans of beans (Goya red kidney beans and Dominican red beans, this time, but you can use whatever is cheap--black beans, white beans, pintos, navys--or you can use dried beans if you soak them overnight first.)

1 pint of chicken stock

about a teaspoon each of garlic powder, cumin, cilantro, crushed red peppers, and oregano

a shake of cayenne

That's the basics. After you've got that in, go poke around in the fridge and pull out anything that might look good. Half a jar of leftover salsa? Some green chili sauce? Some leftover marinara? A wizened onion? A couple of chilis that have seen better days? Go for it! Chop it up and toss it in there. Dice up a sweet potato and throw it in. Toss in some crushed garlic. Throw in a bayleaf! Have an adventure!

When it's cooked, taste it and adjust the seasoning.

It'll be good, and it will make your kitchen smell amazing. Serve it over brown rice, or with tortilla chips, or cornbread, or any way you like.

The other thing I did, for my own supper, was peel and chop up two sweet potatoes, toss them with walnut oil, ginger, and cinnamon, and put them in the oven to roast for an hour at 350.

Simple pleasures.

TAGS: [recipes](#)



This looks like a
good idea.

...

This.

...

Little guy's not
bad.

Gotta teach RHex
to smear.

2 comments



Sounds yummy.

 **batwrangler**

January 1 2009, 23:15:15 UTC COLLAPSE

Walnut oil? Does it taste recognizably of walnuts?



Re: Sounds yummy.

 **standuponit**

January 1 2009, 23:23:15 UTC COLLAPSE

A little bit. Sort of like olive oil tastes very slightly of olives.